



Analysis of the Impact of Parental Divorce on Adolescent Self-Confidence

Ummi Khairani Batubara¹, Jasman², Murisal³, Erna Dewita⁴

¹ Muhammadiyah University of West Sumatra

² Muhammadiyah University of West Sumatra

³ State Islamic University of Imam Bonjol Padang

⁴ Muhammadiyah University of West Sumatra

Corresponding Author: Ummi Khairani Batubara, E-mail; ummikhairani1998@gmail.com

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ABSTRACT

This research is motivated by parental divorce which has an impact on adolescent self-confidence. Based on preliminary observations, it was shown that some teenagers experienced the impact of their pparen's divorce on their self-confidence, such as closing themselves off, being shy, and having difficulty interacting socially. While the purpose of this study is to describe self-confidence from the aspect of social interaction, independence and an optimistic attitude. The research method used is qualitative with a case study approach. The subject of this research is adolescent victims of parental divorce. How to collect data with non-probability sampling technique with a purposive sampling approach. Data collection techniques in this study are observation, interviews, and documentation. While the data analysis techniques used are data reduction, data presentation, and verification or conclusions. The results of this study from the aspect of social interaction that some teenagers are able to interact socially but some are not. As for the aspect of independence, it shows that in general adolescents are independent in terms of economics, but there are adolescents who are not independent in terms of education. Meanwhile, from the aspect of an optimistic attitude, it shows that teenagers have high optimism to achieve their goals and success in the future, but there are also teenagers who are resigned to the situation that is happening, and do not have a distant view of the future.

Keywords: *Adolescents, Divorce, Self-Confidence.*

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INTRODUCTION

Self-confidence is a mental or psychological state of a person in which the individual can evaluate the whole of himself so that he can give strong confidence in his own ability to perform actions in various goals in his life (Filla & Mudinillah, 2022; Mudinillah, 2019a; Mudinillah & Shidqi, 2022; Shidqi & Mudinillah, 2021). This research is backgrounded by parental divorce which has an impact on adolescent self-confidence. Because parental divorce for teenagers is a considerable problem divorce also has an impact on their social environment, they are underestimated, unable to express their opinions, and confused about continuing school because they do not have the cost of it (Mudinillah, 2021a; Mudinillah & Nurfadilah Septika, 2022; W. E. Putri & Mudinillah, 2021; Wulandari & Mudinillah, 2022). A divorce is an act that is not liked by Allah Almighty. Nevertheless, that divorce is the last resort to be chosen in the household when quarrels approach the harmony of husband and wife. Based on the description above, the Qur'an explains the postulate of divorce as follows:

وَأِنْ عَزَمُوا الطَّلَاقَ فَإِنَّ اللَّهَ سَمِيعٌ عَلِيمٌ

the translation: and if they are determined (determined) to talak, then indeed Allah is all-hearing again all-knowing(QS. Al-baqarah: 227)

In the book of Tafsir al-Maraghi, it is explained that when they have intended and resolved not to approach and carve their wives again after the waiting period, indeed Allah Almighty is almighty to hear for their vows and their desire to mentalize their wives. Allah Almighty is all-knowing what their intentions are. Therefore, they should always pay attention to God if they want to do something (Astriani & Mudinillah, 2022; Mudinillah, 2022c; Rezi et al., 2022; Salam & Mudinillah, 2022).

If their actions are intended to torture and harm women, then God will punish them (Amrina, Aprison, Sesmiarni, et al., 2022; Mudinillah & Rizaldi, 2021). However, if they have *uzur syar'i* (they are intended to educate those women to obey the limits of Allah and by the way of talak negate the possibility of re-association then indeed Allah forgives them (Mudinillah, 2016, 2022b; Salam & Mudinillah, 2021; Wastriami & Mudinillah, 2022). The result of divorce for the husband/wife is that they live alone, the husband gets the title of widower after divorce and the wife gets the title of widow (Asmendri et al., 2022; Mudinillah, 2022a; Mudinillah & Indarpansa, 2022; R. J. Putri & Mudinillah, 2021). Having a divorce will eliminate the hope of having children. Divorce also results in lonely life for husbands and wives because of the loss of life friends, because everyone certainly has aspirations to make friends once in a lifetime. If you lose a friend who is expected, it will cause great shaking, as if life is no longer useful, because there is no place to pour out your heart and complain about problems to be solved together (Amrina, Mudinillah, & Hafiz, 2021; Amrina, Mudinillah, & Hikmah, 2022; Amrina, Mudinillah, & Sari, 2021; Yeni & Mudinillah, 2021).

Divorce not only has an impact on husband and wife but also involves children, especially those entering adolescence. divorce is a burden for the child so that it has a negative impact on the psychic. Such as feelings of shame, loneliness, sadness, anger, sensitivity, and inferiority until these feelings make him unconfident and withdraw from the surrounding environment (Mi'yar, 2022; Mudinillah, Rezi, et al., 2022; Mudinillah & Sidqi, 2022; Salam et al., 2022). Talking about the impact of parental divorce on

children who are in their teens is a big enough problem for those who still really need the protection of their parents and family because the domestic atmosphere has an influence on adolescent development. A messy family atmosphere (divorced) can cause a negative influence on the child's mental development, because the child's personality generally occurs through experiences gained in his family, when a family is in disarray (divorced) most people will look at it one-sidedly (Afriyenti & Mudinillah, 2021; Amrina, Mudinillah, & bin Mohd Noor, 2022; Amrina & Mudinillah, 2022; Mudinillah & Afifah, 2022).

This perspective of society is what makes the teenager feel inferior, close himself from his environment so that he feels unconfident in appearing in his environment. According to Individual self-confidence as one of the aspects of personality is formed in interaction with their environment, especially their social environment, including the family environment related to this, the factor of the child's relationship with parents has an important role. Self-confidence is a mental or psychological state of a person, where the individual can evaluate the whole of himself so that he can give strong confidence in his own ability to perform actions in various goals in his life (Mudinillah, 2019b, 2021b; Mudinillah et al., 2021; Mudinillah, Asrori, et al., 2022).

RESEARCH METHODOLOGY

The type of research used in this study is qualitative research with a type of case study approach. The case study approach is an empirical process of seeking knowledge to investigate and examine various phenomena in a real-life context. The case study research method is applied when the boundary between the phenomenon and the real-life context tends to be vague so that it is not seen so clearly, which necessarily gives rise to a research topic for which an answer or solution must be found.

Determining the source of data or research subjects that are often referred to by most people, to be used as subjects studied in their socio-cultural context can use methods in finding / recognizing the number of informants in their social situations such as purposive sampling. Purposive determination of the source of formation is based on certain goals or considerations. Therefore, the retrieval of sources of information (informants) is based on predetermined intentions. Purposive can also be interpreted as a purpose, purpose, or use. Data collection techniques in this study used observation, documentation, and also interviews (participant observation). Data analysis techniques in this study used data reduction, data presentation and conclusion drawing.

RESULT AND DISCUSSION

Parental divorce affects the social interaction of adolescents, such as being less open to the family, participating in social activities but only limited to formalities, the adolescent's self-confidence is also lacking to express his opinion or is embarrassed to appear in front of a crowd. often feels conflicts in him so it is difficult to interact socially, often also closes himself when together with his friends. The above is evident from the observations and results of interviews with adolescent victims of divorce. Parental divorce also has an impact on adolescents from the aspect of social interaction, as a result of the divorce, the parents of this teenager are not open with parents on various issues. When the child does not talk to his parents and is not open related to the problems he faces, then the parents cannot control the child, cannot understand, know

the child, and cannot even give the child the affection and attention that the child needs because the child is not open to the parents

Divorce in general has a negative impact on the child's psyche, such as feelings of shame, sensitivity, and inferiority to withdrawing/closing off from the environment. As stated parental divorce has an effect on the self-confidence of adolescents, especially on their social interactions. Social interaction can cause a person to become close and feel a sense of togetherness, or vice versa it can cause a person to become distant and left out of an interpersonal relationship. Self-confidence is one of the aspects that determine a person's success in interacting with their social environment. Based on the results of adolescent self-confidence interviews from the aspect of independence, it was found that in general divorce does not greatly affect adolescent independence, but that does not mean that divorce does

The negative impact of this parental divorce is evident by the presence of a teenager who dropped out of school because his parents divorced and school financing was not there, in the end he chose to quit school, could not take the right advantage for his future and was unable to take responsibility for his education. This means that the divorce of his parents has had a negative impact on him. Furthermore, the poreful impact of parental divorce on the child from the aspect of independence is that the child is accustomed to doing something without relying on the parents, because he is used to doing something without the help of others. Doing housework, doing schoolwork, accustomed to doing tasks that should be accompanied by parents such as school affairs, making a living and so on.

As Aisyah stated independence as an attempt to break away from parents with the intention of finding himself through the process of seeking identity, which is a steady and independent individuality. Independence is characterized by the ability to self-determination, be creative and initiative, regulate behavior, be responsible, be able to restrain yourself, make your own decisions, and be able to overcome problems without any influence from other. The impact of parental divorce on adolescent self-confidence from the aspect of an optimistic attitude. Based on the description of data in general, the impact of parental divorce has an impact on the optimistic attitude of adolescents in achieving their goals. The divorce of parents has a good impact on the optimistic attitude of adolescents, it was found that RI teenagers with divorced parents have a high optimistic attitude, especially on their education. Have targets that will be achieved in the future, and also have hopes to get a better life in the future. The situation of his divorced parents is actually used as a reference to mean it and succeed in the future.

Divorce also adversely affects the optimistic attitude of adolescents in achieving their goals. This was evident in one of the informants who was unsure of life in the future. If a person does not have an optimistic attitude then he will not have an expectation, have no desire to achieve something or have no target in life. Resign yourself to the circumstances lived without trying to correct.

CONCLUSION

Based on the discussion and research results in this thesis that have been written in the previous chapter, conclusions can be drawn from the title of this thesis Analysis of the Impact of Parental divorce on Adolescent Self-Confidence:

1. The impact of parental divorce on adolescent self-confidence from the aspect of social interaction in general causes negative psychological impacts on adolescents

- such as being ashamed of the divorce of parents, closing themselves, often feeling inner conflicts and difficulty to interact socially, thus making them insecure.
2. The impact of parental divorce on adolescent self-confidence from the aspect of independence in general has a positive impact such as being accustomed to doing things without relying on parents, being able to complete tasks on their own, and moreover being able to make a living on their own because of circumstances. Meanwhile, the negative impact of adolescents stopping school because school financing does not exist, in terms of sterility in the field of education has failed.
 3. The impact of parental divorce on adolescent self-confidence from the aspect of optimistic attitudes in general has a positive impact such as adolescents have high motivation and ideals to succeed in the future because the divorce of their parents is used as a reference not to fail and get a good life in the future

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